

**QUICKFOOT BALL DRILLS #1:
Box + Lateral 2-Touch + "L" + "V"**

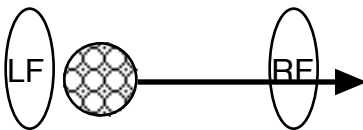
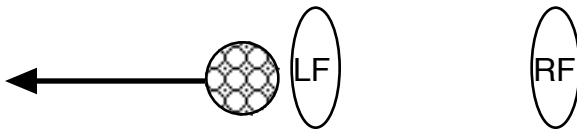
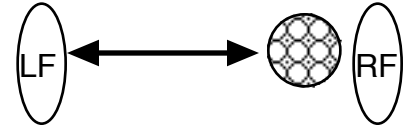
The following is Part 1 of a 2-part workout session with the ball. Each exercise is designed to improve a player's footwork and ball-control ability. Each exercise should be done for 30-60 seconds and should be performed as part of a "warm-up" or "technical" phase of practice.

"BOXING"

SETUP: Ball at the inside of the Right Foot

DRILL

- > Touch the ball back and forth with the inside of the Right Foot and the Left Foot



"LATERAL 2-TOUCH"

SETUP: Ball at the outside of the Left Foot

DRILL

- > Touch ball to the left with the outside of the Left Foot
- > Move laterally to the left and "catch" ball with inside of the Left Foot
- > Touch ball to right with the inside of the Left Foot
- > Move laterally to the right
- > Touch ball to right with outside of the Right Foot
- > "Catch" ball with inside of Right Foot

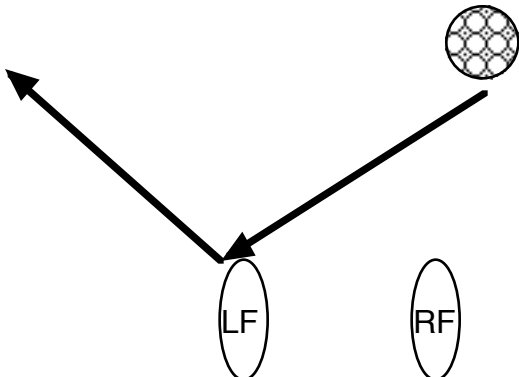
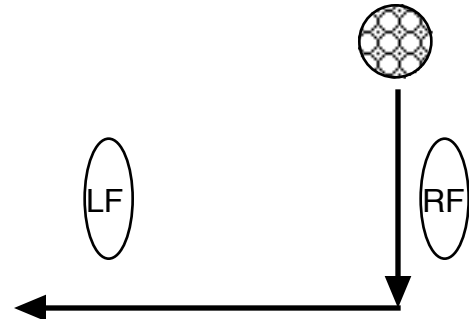
ADVANCED: Lateral 3-Touch -- touch ball to outside twice before touching back inside

THE "L"

SETUP: Ball 1-2 feet in front of the Right Foot

DRILL

- (1) Pull back with sole of the Right Foot
 - > make sure to pull the ball back behind the line of the heel of the Left Foot
- (2) Touch ball to left with the Right Foot so it passes by the Left Foot heel
- (3) Now turn 90 degrees to the Left and repeat the drill, starting with the Left Foot



THE "V"

SETUP: Ball 1-2 feet diagonally in front of the Right Foot

DRILL

- (1) Pull back with sole of the Right Foot
 - > make sure to pull the ball back on an angle toward the toes of the Left Foot
 - (2) Touch ball diagonally to the left with the outside of the Left Foot
 - > the ball path forms the letter "V"
- Repeat the process, starting with the Left Foot, pulling the ball back on an angle toward the toes of Right Foot